FAST BREAK

Publication for team medical personnel

January 2024

ISSUE 13

WELCOME to FAST BREAK!

Welcome to Fast Break, the official quarterly news bulletin of the FIBA Medical Commission. Our goal is to introduce our FIBA sports medicine and sports science community to newsworthy research topics and develop a community of practice among physicians and clinicians involved with basketball at every level of play across the globe.

We hope this publication will foster friendly communication and discussions within the world of basketball. We welcome and encourage your questions, comments, suggestions, and contributions to this publication.

MESSAGE FROM THE FIBA MEDICAL COMMISSION

FIBA 3X3 competition commenced in 2012 as a recognition of the emergence of urban basketball where small groups of players were able to 'pick-up' a game. Its beauty is that participation goes deep and small nations are more likely to be competitive. It is fast and quick so has unique physiological demands and injury risks. From a medical perspective it is a challenge to cover each team so tends to have a centralized injury management system. The game is very inclusive. At a single competition you can see community leave, elite, male and female competition and disabled athletes. It's amazing, fast and a wonderful addition to the game we love – lots of opportunities for healthcare professionals working in sports medicine!

Dr. Peter Harcourt, Chair, FIBA Medical Commission

MESSAGE FROM THE EDITOR

Dr. Urena Duran contacted me noting, "since 3X3 basketball is increasing a lot, it would be interesting to know more about it from the point of view of physiological demands, anthropometric characteristics, injuries that [are suffered] for prevention and issues related to the psitas, heat, etc.." I agree; this is a knowledge gap in the literature. I have the honor of caring for a couple of the rising stars on the women's 3x3 circuit, and although I am familiar with their training, recovery, injury and competition demands from their 5v5 play, the challenges of the 3x3 game, training and competition is a different beast.

3x3 is considered the number one urban team sport. 3x3 is simple and flexible enough to be played anywhere by anybody. All you need is a hoop, a half-court and six players[1]. 3x3 is a faster, shorter, quicker game with different physiological demands[2]. Unfortunately, there is a paucity of recent medical publications specific to 3x3 basketball. In this edition of the Fast Break, the publications of interest are derived not only from medical databases but I have also searched the popular press for relevant scholarly works. Perhaps the identification of this gap in research and knowledge will be the spark for those in the FIBA realm to direct more focused research into the 3x3 game.

1. https://fiba3x3.com/en/vision.html
2. https://fiba3x3.com/docs/fitness-requirements-of-3x3-players.pdf

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Editor, Fast Break
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IN THIS ISSUE

SELECTED PUBLICATIONS OF INTEREST

The Physical and Physiological Characteristics of 3x3: Results of Medical Study & Scientific Tests

Montgomery P, Maloney B. https://fiba3x3.com/docs/fitness-requirements-of-3x3-players.pdf

The research – the first of its kind – was conducted in a series of FIBA 3x3 Official Competitions with more than 200 3x3 National Team and World Tour players in the period from December 2015 to end of October 2016 with the objective to scientifically prove the physical and physiological characteristics of 3x3 and the differences to traditional 5v5 basketball as well as to lay a scientific ground for training recommendations. For that purpose, the players were taken through a series of basketball specific performance tests and were equipped with heart rate monitors and GPS units in-game during the competition. Furthermore, lactate tests and rates of perceived exertion were taken right after each game.
The main take-aways that will be presented here in detail will show that the demands of a 3x3 game are different to the demands of traditional 5v5 basketball and that 3x3 players have differing physical and physiological characteristics compared to players from traditional basketball; in particular, the study shows that 3x3 is significantly more anaerobic than traditional 5v5 basketball and that, while the game is shorter, the relative intensity in 3x3 is twice that of traditional 5v5 basketball.

Physical and Performance Characteristics of 3x3 Professional Male Basketball Players.

Cabarkapa D, Krsman D, Cabarkapa DV, Philipp NM, Fry AC. Sports. 11(1), 2023 Jan 12.

Despite exponential growth in popularity over the last decade and recently becoming an Olympic sport, the amount of scientific literature focused on depicting a profile of successful 3x3 basketball players is sparse. Thus, the purpose of this study was to present the physical and performance characteristics of professional 3x3 male basketball players and how they differ between elite and non-elite athletes. The anthropometrics, vertical jump, agility, and sprint performance parameters collected from ten players during regular training sessions were (x +/- SD): height (193.7 +/- 4.5 cm), weight (89.2 +/- 4.1 cm), wingspan (196.5 +/- 5.2 cm), squat jump (43.5 +/- 4.6 cm), countermovement jump with (53.3 +/- 4.4 cm) and without an arm swing (46.3 +/- 4.0 cm), reactive strength index (2.4 +/- 0.3 m/s), t-test (10.3 +/- 0.3 s), 505 drill (2.4 +/- 0.2 s), 10 m sprint (1.5 +/- 0.1 s), 30 m sprint (4.0 +/- 0.3 s), shuttle run (27.7 +/- 1.7 s), and bench press (98.2 +/- 10.0 kg) and back squat (139.5 +/- 17.6 kg) one repetition maximum. Additionally, the average and maximal heart rate (HR) responses during simulated games were 160.6 +/- 8.0 and 188.5 +/- 6.3 bpm, with players spending 6.3 +/- 4.2, 11.4 +/- 5.2, 13.9 +/- 3.5, 26.4 +/- 10.4, and 42.1 +/- 10.0% of the total time in HR Zones 1-5, respectively. Interestingly, no statistically significant differences in the aforementioned physical and performance parameters were noted between elite and non-elite players. Overall, the findings of the present study provide coaches, sports scientists, and strength and conditioning practitioners with information that can aid in the athlete selection process, detection of areas for further improvement, and development of training regimens that resemble 3x3 basketball on-court competitive demands.

The Relevance of a Shading/Roofing on Elite 3x3 Players: exertional heat stress, performance & injury prevention.

D. Leyk, L Graumann. https://fiba3x3.com/docs/fiba-3x3-wp-heat-x-canopy.pdf

The 3x3 game is often described as a game-long-sprint as there is little to no rest during the 10-minutes net playing time. Put differently, players must maintain their highest physical performance during the 20 minutes overall game duration. The reason for the restless high intensity lays in the following: Dead-ball situations are significantly fewer and shorter compared to basketball (5v5) and other comparable outdoor team sports. Time-outs are rare and short, dead ball situations are kept short and if no call by a referee, the game continues permanently with no time to take a breather. For example, following a basket there is no dead-ball situation, the opposite team immediately continues the play. Teams often play 2 or more games in a competition day. …The vast majority of 3x3 events take place in summer and/ or in warmer regions to accommodate the outdoor sport format. Taking the above into consideration, the present white paper has been produced to evaluate the possible needs and benefits of providing shading/ roofing for 3x3 basketball venues when it comes to: exertional heat stress, player performance and injury prevention.

Specific Features of 3×3 Basketball: factor analysis of the key performance indicators and their impact on game performance in the elite leagues

R Andrianova, E Guimarães, D Fedoseev, M Isakov. Journal of Physical Education and Sport, 22(10), 2572-2581, 2022.

BACKGROUND: Brought from the streets to the Olympics, the 3×3 basketball has gained relevance in worldwide sport over the last few years. Yet, available literature about its specific features is still scarce. We identified the specific features of elite 3×3 basketball and investigated the factors that determine the success of 3×3 basketball teams in official competitions.

METHOD: This study analyzed 11 Masters stages and the final of the FIBA 3×3 World Tour (November 2–3, 2019, Utsunomiya, Japan), in which 56 teams participated. To assess the factors with the greatest impact on the percentage of wins of teams in the tournament, a regression analysis was performed. The percentage of wins (W%) in the total number of games played was taken as a performance indicator. To build a regression model, various game indicators were chosen, which are factorial manifestations. The obtained results revealed that W% was most influenced by the average turnovers and average rebounds per game. It was determined that the difference between the number of shots made per game under the basket and beyond the arc was insignificant (only 1-2 shots for some teams). In addition, a shooting map showed that some teams were more successful at shooting from outside the arc than from the middle range or behind the basket. To assess shooting activity, all final games were analyzed by video review.

RESULTS: The turnovers per game (TOPG) has the greatest influence on the share of wins, i.e., 56.4%. Nevertheless, the rebounds per game (REBPG) factor also has a significant influence, i.e., 23.7%. If we increase TOPG by 1%, W% decreases by 0.3%. Moreover, if REBPG increases by 1%, W% increases by 0.12%. The TOP-10 3×3 teams (according to FIBA 3×3 World Tour 2019) perform an average of 15.5 ± 1.7 attacks in the paint and from an average distance (one-point shots), 12.3 ± 1.7 2-point shooting attacks and 3.84 ± 0.6 free throws per game. On average, 8.9 ± 0.9 attacks from the paint zone and from an average distance were successful per game in the league (one-point goals).

CONCLUSIONS: Our findings highlight the importance of long-range shots to win games in 3×3 basketball and improve our understanding on how teams offensively prepare themselves to beat their opponents. Coaches are recommended to pay more attention to throwing exercises beyond the arc with the resistance of a defender, from uncomfortable situations. A high proportion of training exercises should be aimed at working on blocking the opponent after the attack and

fighting for the rebound of the ball. The pace and complexity of the throws should be as close as possible to the game situation. To achieve high results, it is also necessary to minimize the average turnovers per game.

Physical Demands of Elite Male and Female 3x3 International Basketball Matches.

Ferioli D, Conte D, Rucco D, Alcaraz PE, Vaquera A, Romagnoli M, Rampinini E
Journal of Strength & Conditioning Research. 37(4):e289-e296, 2023 Apr 01.

ABSTRACT: This study aimed to (1) characterize the physical demands of 3 x 3 basketball games during live playing time and ball possession and (2) assess the differences in physical demands between male and female players. Following an observational design, video footage from 27 games of the International Basketball Federation 3 x 3 World Cup 2019 were analyzed from 104 international 3 x 3 basketball players (n = 52 male and n = 52 female players) resulting in a total of 216 (104 male and 112 female) individual game samples. Manual frame-by-frame time-motion analyses determined the relative frequency (n.min -1) and duration (%) for several physical demands at different intensities, according to sex, during the live playing time and in ball possession phases. Linear mixed models for repeated measures and effect size (ES) analyses revealed small non-significant differences in the intermittent profile of 3 x 3 basketball games according to sex (total movements per minute, male = 39.3 (38.6-40.1); female = 40.2 (39.5-41.0), estimated marginal means with 95% confidence intervals). Female competitions had significantly greater number of low-intensity activities (LIA, small ES) and high-intensity activities (HIA, small ES) performed per minute over longer games (small ES), whereas male players had more recovery activities (small ES). During ball possession, male players spent a larger amount of time performing LIA (small ES) than female players, who displayed both the greatest number of HIA and the highest percentage of playing time performed at high intensity (small ES). Overall, these findings suggest that basketball coaches should design sex-specific training sessions based on the specific match demands.

A Comparison of 5v5 and 3x3 Men's Basketball Regarding Shot Selection and Effficiency.

Boros Z, Toth K, Csurilla G, Sterbenz T
International Journal of Environmental Research & Public Health; 19(22), 2022 11 16.

BACKGROUND: Both in 5v5 and 3x3 basketball, the goal of the players is to score more points than the opponent. However, the differences in rules between two basketball disciplines can affect thinking, behaviour, and decisions of the players. A core difference between two disciplines is the value of the shots. In 5v5, long-range shots are worth three points and close-range two, while in 3x3, their values are two and one points, respectively. As the value ratio of the close and long-range shots is greater in 3x3, we assume that players make different decisions about their shot selection in 3x3 than in 5v5, which can affect offensive efficiency.

METHODS: We analysed game statistics of the 2019 men's 5v5 and 3x3 Basketball World Cups. Besides regular statistical indicators, we applied relative offensive rating to be able to compare the two disciplines.

RESULTS: The analysis of relative offensive rating showed that offences are more effective in 5v5 than in 3x3. We also found significant difference in shot selection and efficiency. In 3x3, there is a higher proportion of the shots than in 5v5, but long-range shots are more successful in 5v5.

CONCLUSIONS: For rule differences that affect player's shot selection and affect offensive efficiency, their decisions are characterized by ecological dynamics and naturalistic decision-making.

Technical-Tactical Demands of 3 x 3 International Basketball Games According to Game Outcome, Player Sex, and Competition Phase.

Ferioli D, Conte D, Scanlan AT, Vaquera A
Journal of Strength & Conditioning Research. 37(2):403-412, 2023 Feb 01.

ABSTRACT: Technical-tactical demands of 3x3 international basketball games according to game outcome, player sex, and competition phase. J Strength Cond Res 37(2): 403-412, 2023- Despite the popularity of 3 x 3 basketball rapidly growing on a global scale, a paucity of data exist on player demands during competition, particularly considering various factors. This study aimed to quantify the technical-tactical demands of international-level 3 x 3 basketball games according to game outcome, player sex, and competition phase. Overall, 96 players from 24 national teams (48 players across 12 teams in each sex) competing at the 2019 European Basketball Cup 3 x 3 were included in this study. Technical-tactical demands during games including shooting, game-related, and possession-related statistics were retrospectively gathered from public sources or analyzed using video analyses. Linear mixed models and effect size analyses were used to determine differences in demands according to game outcome (wins vs. losses), player sex (males vs. females), and competition phase (group games vs. finals games). Winning teams ($p < 0.05$, small-large) scored more shots, shot more efficiently, secured more rebounds, committed fewer turnovers and fouls, and drew more fouls to shoot free-throws. Differences between sexes ($p < 0.05$, small-moderate) showed male teams shot more efficiently, scored more 2-point shots, and scored more points, whereas female teams attempted more 1-point shots, committed more turnovers, and had more possessions. Considering the competition phase, more blocks were completed during group games, and more points per possession were achieved during finals games ($p < 0.05$, small). This study provides foundation normative values regarding the technical-tactical demands of 3x3 game-play during an international competition, with reported data able to be used by practitioners in developing precise, sex-specific training and tactical strategies to optimize team success.

Relationship among the Change of Direction Ability, Sprinting, Jumping Performance, Aerobic Power and Anaerobic Speed Reserve: A Cross-Sectional Study in Elite 3x3 Basketball Players

Mikołajec,K.; Krzysztofik, M.; Maszczyk, A.; Gabryś, T.; Gryko, K.; Trybek, G.; Prończuk, M.. Journal of Human Kinetics, 21 December 2022

The main purpose of this study was to determine the relationships among sprinting performance, change of direction ability (COD), change of direction deficit (CODD), and aerobic power expressed by maximal oxygen velocity (V_{max}IFT), anaerobic speed reserve (ASR) as well as jumping performance (countermovement jump with (CMJa) and without an arm swing (CMJ)) in elite 3x3 basketball players. A total of 15 Polish Olympic 3x3 team players (age: 26.86 ± 8.28 years; body height: 191 ±5.33 cm; body mass: 90.68 ± 10.03 kg, basketball experience: 15.53 ±5.8 years) participated in the study. Athletes were tested for the following measures: the linear speed at the first section (5 m), the second section (9 m), the third section (10 m) and total distance (24m), two sets; the 30-15 Intermittent Fitness Test (first session); COD speed by the Change of Direction and Acceleration Test (CODAT) (the same sections and total

distance as in the linear speed test), five repetitions, two sets; and jumping performance by the CMJ with and without an arm swing (second session). CODD was calculated by subtracting the COD speed time from linear speed time at adequate sections and total distance. Maximal sprinting speed (MSS), maximal aerobic velocity (V_{max}IFT), and anaerobic speed reserve (ASR) were also considered. Anaerobic Speed Reserve (ASR) was calculated as the difference between MSS and V_{max}IFT. A Pearson's correlation test was used to determine the relationship between power-speed-related variables and CODD, final velocity attained at the 30-15 Intermittent Fitness Test (V_{max}IFT), ASR, and COD performance. Moderate to strong correlations were registered between COD and linear speed at 5, 10, and 24 m, while moderate to strong negative correlations were detected between COD, CODD, and CMJ, CMJa. Moreover, moderate to strong correlations were observed between COD, CODD, and V_{max}IFT, MSS at 9, 10, and 24 m sprints. No relationship was detected between COD, CODD, LS, and ASR in any measured sector. Finally, statistically significant differences were registered in COD and CODD between trial 1 and trial 2.

Physiological Responses and Technical-Tactical Performance of Youth Basketball Players: A Brief Comparison between 3x3 and 5x5 Basketball

B Figueira, N Mateus, P Esteves, R Dadelienė, R Paulauskas.
Journal of Sports Science and Medicine, Vol 21(2); 332-340 (2022)

ABSTRACT: This study aims to examine youth players' physiological responses and technical-tactical performance when playing simulated 3x3 and 5x5 basketball games. Fifteen well-trained male basketball players (16.6 ± 0.2 years old) participated in scrimmage basketball games under two different conditions: 3x3 (half-court) and 5x5 (full court). The players' heart rate, muscle oxygen saturation and total hemoglobin data were collected and computed to describe physiological responses, while video analysis was used to characterize their technical-tactical performance. A Bayesian one-way analysis of variance (ANOVA) was used to quantify the predictive influence of both game conditions on the physiological and the technical-tactical variables. The results indicated that different game conditions influenced the players' physiological responses slightly, as only hemoglobin sample entropy increased between the 3x3 and 5x5 game scenarios. Conversely, statistical differences in most of the technical-tactical variables were moderate and decisive in favour of the game condition model. Overall, this study emphasizes that playing 3x3 and 5x5 basketball games lead to relatively negligible differences in the players' physiological response but pronounced variations in their technical-tactical performance. Therefore, important implications may be drawn to the applied field as the specificity of technical-tactical adaptations when playing 3x3 or 5x5 formats should be considered by basketball coaches to better design the training sessions for players that fall within our sample age category.

LET'S CHAT ABOUT…

Let us know what is on your mind, what you want to chat about in the next issue of the Fast Break.

E-mail: medical@FIBA.basketball

Dr. Shula Chanda has taken on the enormous task of establishing the medical commission for the fledgling Zambia Basketball Federation. He and his committee have created their first medical policy and are seeking comment and feedback from those of us who have more established policies and processes in place. If you would consider assisting Dr. Chanda, please email me at the above noted address and I will connect you with him.

FROM THE HISTORY BOOK

Versions of 3x3 basketball have long been played in gymnasiums, street courts and driveways all over the world, but the current wildly popular game of 3x3 has evolved only since the late 2000's. FIBA internationally debuted 3x3 in 2009, and it became a worldwide competitive game in 2010. In 2019 the official rules for 3x3 style and format were re-worked and published. In 2020, 3x3 basketball became an Olympic sport.

(Source: Wikipedia)

Photo courtesy FIBA

SHARE YOUR PHOTOS

Please send us your funny, interesting, or remarkable basketball pictures that we can share with the medical and sport science basketball community.

Email: medical@FIBA.basketball

Unfortunately, this edition did not have any student submissions for our edification.

THE STUDENT'S CORNER

This space is intended for sport science and medical students, residents, and fellows to contribute to our knowledge and conversation.

Please encourage your students to contribute to the Fast Break on a topic of their choosing related to basketball injury, rehabilitation or sport science. The work published here is reviewed and approved for submission by the student's preceptor.

Injury Surveillance in the Zambia Basketball National Championships

Dr. Schula Chanda
Dr. Laston Scott Yanesa
Dr. Naomi Kabonde

Introduction

The Zambia Basketball Federation (ZBF) consists of 7 Provincial Basketball Associations. The marquee event is the National Championships which usually begins with preliminary rounds in the first week December and culminating in the finals in the 2nd week of January in the following year. This tournament attracts 32 teams and 480 basketball players, as well as spectators and media coverage of the games.

Injury surveillance has never been conducted at the National Championships and as such a baseline of common injuries has never been documented. The medical commission of the ZBF collected injury surveillance data during the quarter- and semi-finals of the 2022-2023 National Championships. This comprised of games played over 4 days involving 16 teams (10 male and 6 female teams), a total of 186 players (32 male players and 54 female players). Twenty-four games were played by male teams and 12 were played by female teams. The games were played between three towns, on both indoor and outdoor courts. The Medical commission conducted this study due to the paucity of data on the incidence of injuries in Zambian basketball.

Survey Objective

The objective of this survey was to obtain epidemiological information on injuries occurring at the quarter finals and the semi-finals of the National Championships. This information will then be used by the Medical Commission to plan injury prevention strategies for the upcoming seasons, provide areas of focus for continuous medical education, provide direction on the type of medical equipment and personnel that is required courtside during the most intense period of competition on the Zambian basketball calendar.

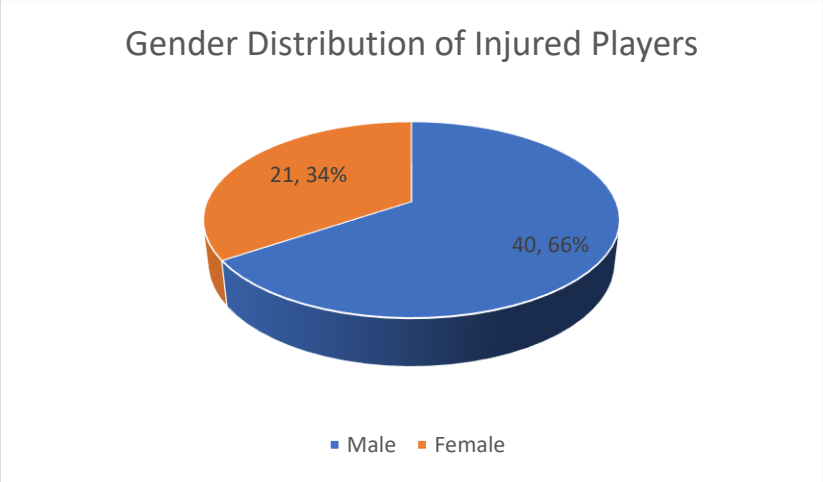
Methodology

An electronic template for collection of injury data was provided in Microsoft Excel that collected basic demographic information as well as detailing the nature of injuries incurred along with the disposition of the injury. The data was prospectively collected by the game medical personnel into a single spreadsheet stored on a password protected computer.

Data analysis
The data was analysed with simple descriptive statistics and is presented in tabular and graphic forms.

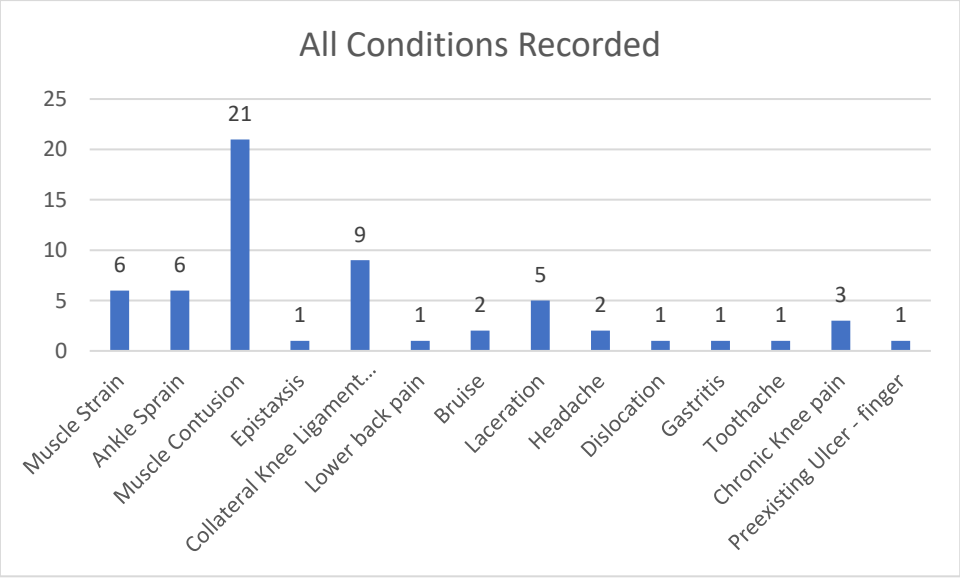
Results
During the period of injury surveillance 60 injuries were captured in the database. 66% (40) were male and 34% (20) were female. The average age of injured male players was 26, with the youngest being 18 and the oldest player being 34 years old. The average age of female injured players was 21, with the youngest female player being 16 and the oldest being 27 years old.

Figure 1 – Sex Distribution



A total number of 60 injuries was recorded over the course of the 36 games, translating to approximately 1.6 injuries per game or 31 injuries per 100 players. The most frequent injury was a muscle contusion accounting for 35% (21) of the injuries, followed by knee collateral ligament sprains accounting for 15% (9) of the injuries. The table below shows the distribution of the various injuries recorded during the games.

Figure 2 Conditions recorded during the games



Male players accounted for the majority of injuries at 39 (65%) whilst female players recorded 21 (35%) injuries. Male players recorded 1.62 injuries per game, compared to 1.75 injuries per game for female players.

Figure 3: Conditions Amongst Male Players

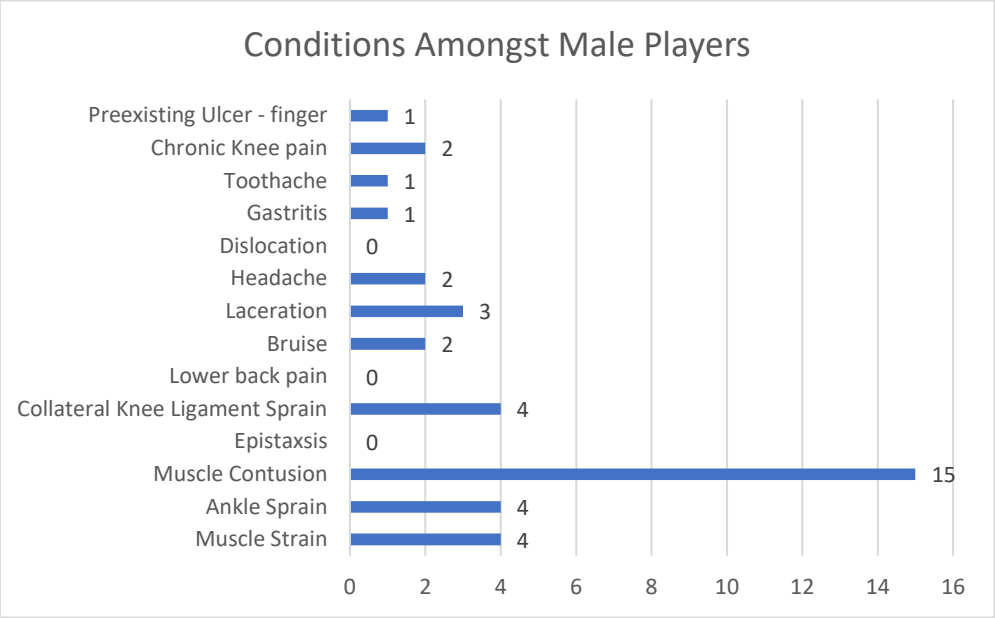
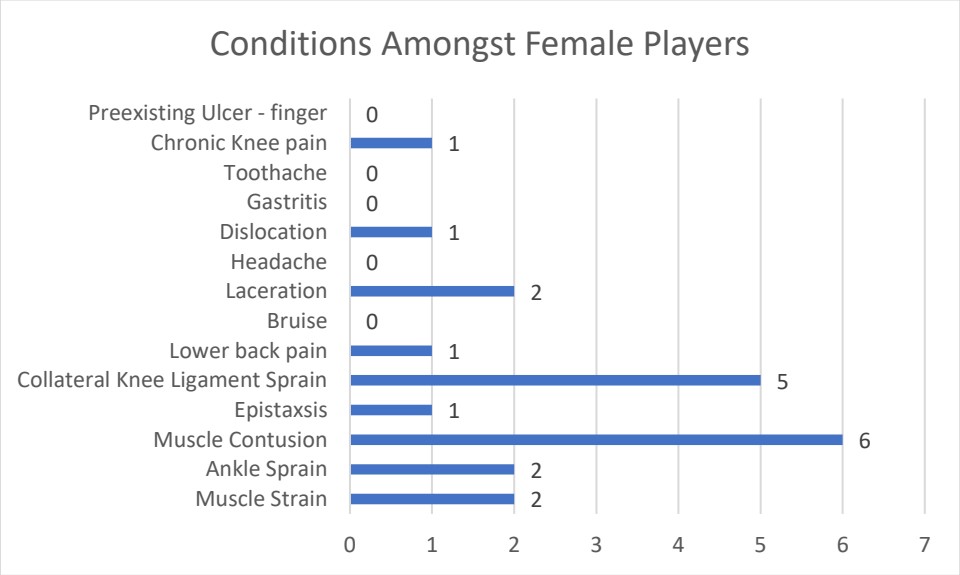


Figure 4. Conditions Amongst Female Players



The most commonly injured body part was the knee, accounting for 23% (13) of all injuries, followed by the thigh at 12.5% (7). Figures 6 and 7 present the breakdown of injuries in male and female players.

Figure 5. Most commonly injured body part

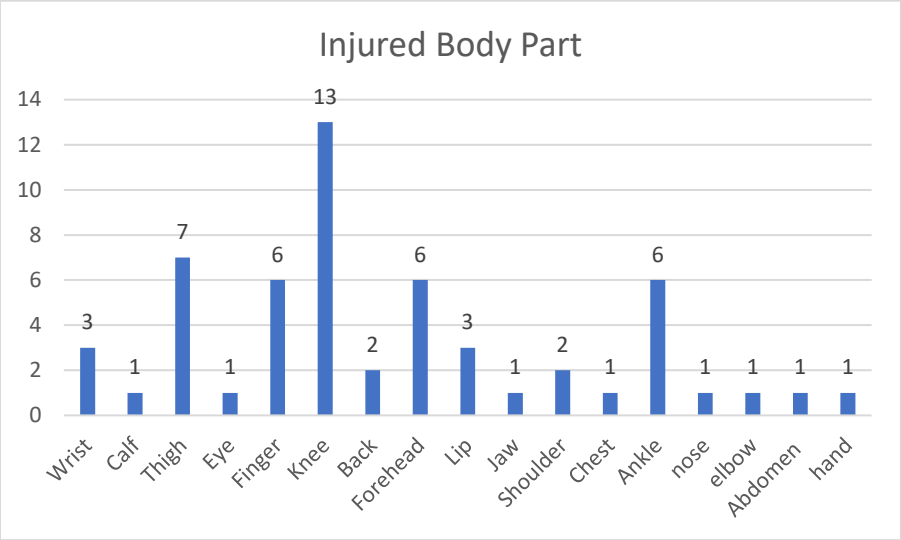


Figure 6. Most commonly injured body part – Male Players

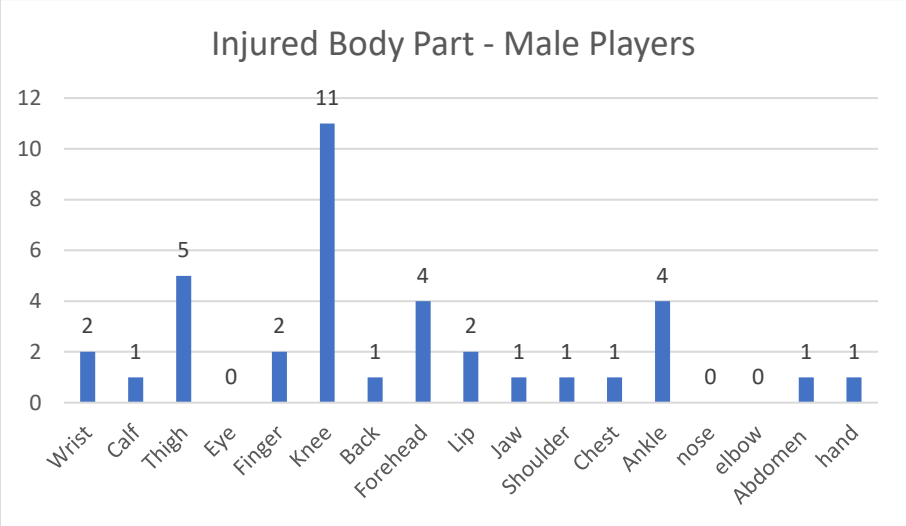
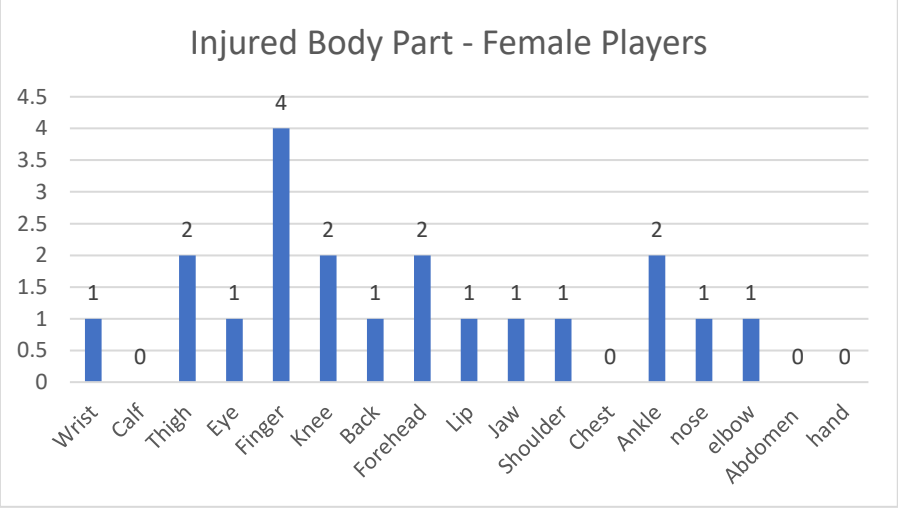
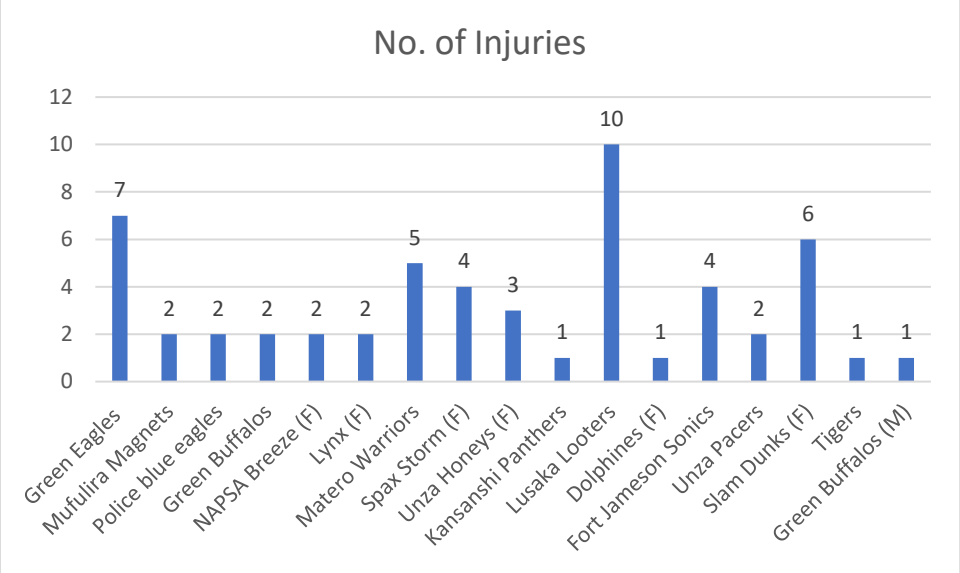


Figure 7: Injuries among Female Players



A female player suffered a shoulder dislocation which was reduced on the field of play and was the only injury during the duration of the surveillance that resulted in an absence from play for more than 7 days. One male team accounted for 18% of all recorded injuries from ankle sprains (4) followed by blunt force soft tissue injury (2). 11% of the total injuries was accounted for by one female team with blunt force soft tissue injuries (3) and one ankle sprain.

Figure 8: Number of Injuries Per Team



Discussion

This injury surveillance was the first of its kind to be carried out during the Zambian Basketball National Championships. Female players experienced more injuries per game than male players, possibly due to the younger age of the players and less experience with the game. This is different from a landmark injury surveillance study conducted by Zuckerman et al[1] assessing injuries sustained over a 5-year span of National Collegiate Athletic Association basketball which found higher incidence of injuries in men as compared to women. However, our study had a significantly smaller sample size and thus comparisons are difficult to make. The pattern of injury with the lower extremity being the most injured body part does compare to this landmark study.

References

1. Zuckerman SL, Wegner AM, Roos KG, Djoko A, Domopier TP, Kerr ZY. Injuries sustained in National Collegiate Athletic Association men's and women's basketball, 2009/2010-2014/2015. British Journal of Sports Medicine, 52(4): 261-268. DOI: 10.1136/bjsports-2016-096005

BASKETBALL CME OPPORTUNITIES

A listing of varied sport medicine and basketball meetings and conferences you may be interested in attending:

A listing of all the American Medical Society for Sports Medicine conferences can be found here:

https://www.amssm.org/Conferences.php

The South African Sports Medicine Association hosts several events throughout the year:

https://www.sasma.org.za/events/

The Society for Sport Exercise and Performance Psychology website lists a number of mental performance educational opportunities:

https://www.apadivisions.org/division-47/about/resources/conferences

A listing of exercise physiology conferences across the world can be found here: **https://conferenceindex.org/conferences/exercise-physiology**

And for something a little different:

https://unconventional.com.au/conferences/south-america/medical-conferences/2024/

Date	Location	Event website
February 26-27,2024	Sydney (Australia)	International Conference on Sport Medicine and Sport Physical Therapy
February 29–2 March, 2024	Monaco (France)	7th IOC World Conference on Sport Injury Prevention
April 28 - May 3, 2024	Phoenix (USA)	American Medical Society for Sports Medicine Annual Symposium
May 28-31, 2024	Niagara Falls (Canada)	Canadian Academy of Sport and Exercise Medicine Annual Symposium
May 28-31, 2024	Boston (USA)	American College of Sports Medicine Annual Symposium
July 2-5, 2024	Glasgow (Scotland)	European College of Sport Science
Nov 7-8, 2024	Coventry (UK)	British Association of Sport and Exercise Medicine annual conference
December 2023/April, 2024	Cairo (Egypt)	International Conference on Recent Advances in Basketball Science
October 23-26, 2024	Las Vegas (USA)	The Association for Applied Sport Psychology annual conference

FIBA webinar: Mental Health and the role of the team doctor
February 9, 2024, at 8AM Melbourne/4PM Miami/9PM Abidjan/10PM Geneva/11PM Beirut time.

The webinar will be presented by members of the FIBA Medical Commission with two special guest experts on mental health and sport. During this webinar we will highlight the new FIBA mental health content for the team doctor to be launched on your new website in 2024, and we will work through common basketball cases relating to common mental health problems on tour. There will also be opportunity for Q+A.

Link to join the webinar.

Speakers:

Dr Samantha McLeod,

Dr McLeod is dually Ph.D. qualified in Sport and Exercise Psychology and Clinical Health Psychology, Founder and Managing Director of The SAM Centre. Over a 30-year career, Samantha has successfully combined private practice in multidisciplinary settings, with State and National-level elite and professional teams' consultancy, as well as clinical governance leadership roles and specialist academic positions. Samantha currently consults for AFL Richmond, Australian Institute of Sport, and Victorian Institute of Sport. She played elite-level basketball and was the inaugural Chair of the WNBL Franchise, Melbourne Boomers, Committee. Samantha has researched, published, and lectured in, sport psychology, sports medicine, including athletic injury risk and recovery as well as athlete chronic conditions. Her mission is to shift sports medicine towards a holistic, integrated, collaborative framework for high performance sport, and to enhance the wellbeing and performance of athletes, as well as the practitioners, upskilling them to thrive within, and when transitioning out of, sport.

Dr Ranjit Menon

Dr Menon is an Australian sports psychiatrist who has worked in sports psychiatry for over a decade. He has treated athletes from a number of sporting codes including cricket, Australian rules football, basketball, rugby, athletics, tennis, golf, hockey and so on. He is internationally recognized as one of the leading sports psychiatrists and has published several articles in peer reviewed journals on topics related to mental healthcare in high performance environments. He is an external consultant to many domestic sporting bodies such as AFL, Cricket Australia, Tennis Australia, Australian Institute of Sport, to name a few and international organisations such as ICC, ATP, WTA and FIBA. He is also the Vice President of the International Society for Sports Psychiatry.